



# Lakewood Budo Kai

*Fujitsu, Karate, and Women's Self Defense*



## Frequently Asked Questions Children's Fujitsu

### Questions About Our Martial Arts Classes

*What classes do you teach?* We teach traditional Japanese Fujitsu to children ages 7 to 12. Our Fujitsu classes teach children how to control a larger opponent through the use of throws, locks, and holds. While learning physical self defense techniques, they also learn discipline, concentration, focus, and get in better shape.

*Do students get personal attention?* Children progress at their own rate and are given personalized instruction based on their individual strengths and weaknesses. We've touched thousands of lives, from the white belt who started this month to children who have grown and are now in our adult martial arts classes.

### Questions About Starting Class

*When can my child join?* We ask that new students start the first Monday or Wednesday of the month. With separate classes for children and adults, juniors learn techniques appropriate for their age and skill level.

*What do I need to do for registration and attendance?* Unlike other martial arts schools, we do not require long-term contracts. Simply register your child at our school the first class of each month. If your child is absent the first class, please register the next class he or she attends. If you registered through the Parks and Rec Department, please bring a copy of your receipt.

*How long is the class?* Our Fujitsu classes for children are held weekly and are one hour long. More information is available on our web site [www.LakewoodBudoKai.com](http://www.LakewoodBudoKai.com).

*What time should my child arrive?* Please make sure your child is present at least 10 minutes prior to class start time. We like to start class on time and you may need time to find parking, register for class, and learn basic etiquette.

*Can I watch class?* Yes. Parents and visitors are always welcome to watch class. However, please minimize distractions to the students (discussions, cell phones, etc).

*Does my child need to be in shape?* Participants do not need to be in good physical condition or well coordinated. We start them off slowly to make sure they are comfortable with the techniques.



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## Questions About What Your Child Should Wear

*What should my child wear to the first class? They can wear comfortable clothing for the first couple of weeks. During class they will be barefoot. You may request a uniform from the instructor after your child has been in class several weeks. Even if your child already has a martial arts uniform (Gi), we ask that your child wears comfortable clothing to the first class.*

## Questions About Fees

*Are any discounts available? Yes, we offer family discounts. For a flat fee, you may have up to three members of a family attend class at a discounted rate. Please visit our web site for more information and pricing.*

*What if my child can't attend the entire month? Our monthly rates are so low that even if your child misses a couple of classes, you'll pay less than what you'd pay at most other schools.*

## Questions about Techniques

*Is there anything I need to be doing at home to reinforce what they are learning in class? Although not necessary, it is helpful to your child's training if you review with them the tying of their belt, using the term "Sensei" (teacher) when they respond to black belts, and remembering the names of the techniques they learn (available on the "Student Login" page).*

*How can I get a list of the techniques you teach? The techniques required for each rank can be downloaded from the "Student Login" page of our website. Please ask one of the instructors for the current password.*

*How do you handle testing and promotions? After building up the minimum number of class hours and learning all the necessary techniques, your child will be considered for testing. After passing the test they will be given a form to fill out. A small fee is required to cover cost of a belt and certificate. Later they will be presented with their new belt during a formal class ceremony and receive a certificate.*



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## Questions About Attendance and Special Needs

*What if I am unable to get my child to class on time? Although it is important to arrive on time, we understand that school and work schedules sometimes make that difficult. It is best still to show up even if your child is late. If you know ahead of time, simply let the instructor know.*

*What if my child misses class? That is OK. Of course the better your child's attendance the faster improvement, but we understand that families often have busy schedules.*

*What if my child needs to leave early for a doctor's appointment or other function? Simply make arrangements with the instructor for your child to leave early.*

*How can I contact the instructor or school? Go to the "Contact Us" page of our website.*

*How can I find out when there is no-class? We do not hold class on major holidays. Please visit the "Announcements" page of our website for our current class schedule.*

*Can I skip a month and come back? Yes. Students sometimes need to be absent for one or more months. We are always here and we will pick-up your child's training where they left off.*

*What if my child has an injury? In our school it is rare for a student to get injured. We divide students by rank and skill level so they can work on techniques appropriate for their abilities. Over the past 30 years we've developed a unique and highly supervised approach that minimizes injuries. Always let the instructor know if your child has a pre-existing injury. No need to skip class. We can adjust your child's activity accordingly. Be sure to let us know of any doctor's limitations and recommendations.*

*How do you work with children who have ADD or HD? We do not need to do anything differently and our class structure is good for children with ADD or HD. No need to change their medication regimen and most parents prefer to optimize this for their normal daily school routine.*